

metro

BOSTON NO. 1 FREE DAILY IN THE US

Wednesday, February 6, 2019 metro.us | t: MetroBOS | f: MetroBoston

GET ROMANTIC

Where to celebrate Valentine's Day in the Hub. 6

A photographic Pats year in review. 8-9

Link between pot smoking and high sperm count, says Harvard. 4

NEVER GETS OLD

Once again, thousands of fans flooded the streets of Boston for yet another parade for the Super Bowl champion Patriots. 2

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NEWS



New England Patriots SB LIII Victory Parade

Hundreds of thousands of football fans packed into Boston's streets to catch a glimpse of the Super Bowl-winning New England Patriots after their record-tying sixth Super Bowl win.

NATE HOMAN | GETTY IMAGES



2

1 Fans react during the New England Patriots Super Bowl Victory Parade.

2 New England Patriots team owner Robert Kraft holds the Vince Lombardi Trophy during Tuesday's Patriots Super Bowl LIII Victory Parade.

3 Patriots quarterback Tom Brady reacts as he holds the Vince Lombardi trophy during the parade.

4 Fans hold up a sign during the New England Patriots Super Bowl LIII Victory Parade in Boston on Feb. 05, 2019.

5 A fan cheers before the start of the New England Patriots Super Bowl LIII Victory Parade.

6 Rob Gronkowski rips off his shirt on Cambridge Street during Tuesday's celebration.



3



4



5



6



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Link between pot smoking and higher sperm count

Harvard experts say even one joint makes you more potent.



NATE HOMAN
letters@metro.us

Researchers at the Harvard T.H. Chan School of Public Health released a study on Tuesday which reveals that men who had smoked marijuana at some point in their life had significantly higher concentrations of sperm, and were loaded with higher serum testosterone levels compared to men who had never smoked marijuana.

"These unexpected findings highlight how little we know about the reproductive health effects of marijuana, and in



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fact of the health effects of marijuana in general," Jorge Chavarro, associate professor of nutrition and epidemiology said in a statement. "Our results need to be interpreted with caution and they highlight the need to further study the health effects of marijuana use."

Massachusetts General Hospital Fertility Center came to the conclusion

that the commonly-held "phallic fallacy" that smoking marijuana might exacerbate semen quality is ultimately a bust, giving the shaft to past studies, which suggested negative effects on male reproductive health. Experts said the majority of those studies focused on animal models or on men with histories of drug abuse.

Between 2000 and 2017, scientists collected 1,143 semen samples from 662 mostly college-educated white men. Among the participants, 55 percent reported having smoked about two joints at some point. Of those, 44 percent said they were past marijuana smokers and 11 percent classified themselves as current smokers.

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Fish help fuel bumper cannabis crops for Canadian producer

The unlikely combination of freshwater fish and cannabis is producing out-sized medical marijuana crops that Green Relief Inc. aims to capitalize on, as the Canadian company plots a stock market listing and global expansion.

In an underground southern Ontario facility surrounded by farmland, Green Relief operates a cutting-edge aquaponic farm, using filtered fish waste to fertilize cannabis plants, which in turn clean the water for the fish.

The company says it is the world's only licensed producer to grow medical marijuana this way, a pesticide-free process that took 2-1/2 years to fine-tune. The only signs of this operation, which is built into a hill and insulated by some three feet of dirt and grass, is above-ground ventilation equipment sticking out of the ground.

"This is the agricul-

ture of the future," said Warren Bravo, a former concrete contractor who co-founded the company with friend Steve LeBlanc in 2013. "If you're not latching on to sustainable agriculture technologies now, you're going to be a dinosaur."

Green Relief's closed-loop system, which raises 6,000 tilapia and 4,500 plants at any given time, uses 90 percent less water than conventional agriculture, while delivering 10 to 20 percent better yields than traditional methods, Bravo said.

Every five weeks, Green Relief purges one of its 16 fish tanks, donating some 300 market-size tilapia to Second Harvest, a food charity which delivers the fish to a homeless shelter's kitchen.

A C\$60 million (\$45.9 million) expansion is underway at the company's rural base outside Hamilton, about an hour's drive



GETTY IMAGES

west of Toronto, which will add 15,000-20,000 kilograms to annual output. The project also includes manufacturing and packaging operations, to process plants from its satellite operations.

That includes a recently acquired 100,000-square-foot indoor soccer complex in Hamilton, which will produce some 15,000 kilograms of pot after a C\$9 million retrofit.

With partners, Green Relief is also building facilities in Thunder Bay, Ontario and Halifax, Nova Scotia, that will each produce some 20,000 kilograms annually, Bravo said.

Backed to date with some C\$18 million from

private investors, Green Relief is preparing to list on the Canadian Securities Exchange, and possibly Nasdaq, to help fund its growth plans.

An initial public offering is likely "within months," depending on market conditions, and will build on a current financing that prices 100 million shares at C\$3.50 each, Bravo said. Green Relief could break even within months and expects to be profitable this year, he added.

Bravo had been chief executive until he handed the job on an interim basis in January to John Durfy, who has a background in markets and investment

REUTERS

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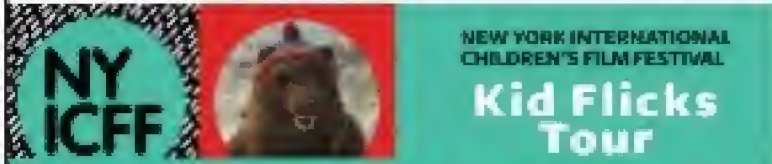
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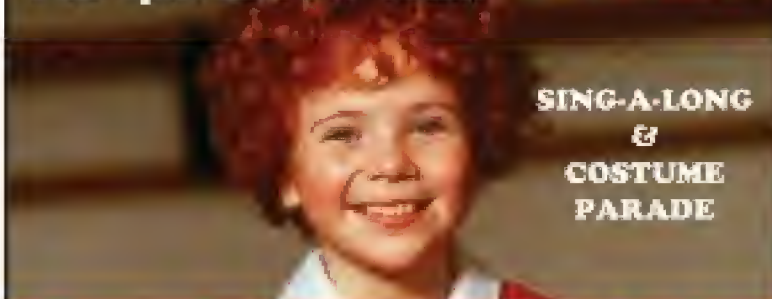
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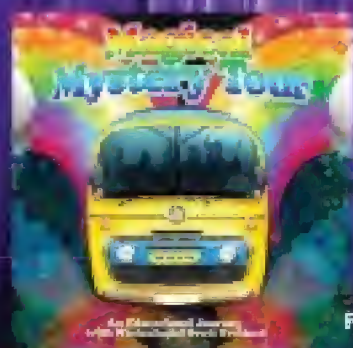
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6 metro

LIFESTYLE

The Beatles sang it the best: "All you need is love, love is all you need." Valentine's Day is right around the corner! Although it is an exciting time, it is can also be a lot of pressure. Which restaurant? What if the food is terrible? What if everything is busy? The expectation-heavy holiday brings a lot of anxiety. It's like prom all over again (shivers). But fear not, friends. With our help and a call ahead to reserve a table, you will have an awesome V-Day.

Tuscan Kitchen

Nothing says love like Italian food. That is why Tuscan Kitchen is one of the more romantic spots on our list of where to eat on Valentine's Day in Boston. Not only does this restaurant boast unbelievable views of the city, but guests can also enjoy an a

la carte dinner menu with "Romeo & Juliet"-inspired cocktails. The special menu includes: carpaccio di manzo (\$17), zuppa di zucca (\$14), wild mushroom tart (\$19), agnello alla griglia (\$48), pesce spada (\$45), surf & turf (\$65) and chocolate torte, chocolate mousse and strawberries (\$22; serves two people). The special drink menu includes: The Romeo (\$16), The Juliet (\$16) and champagne by the glass and bottle. 64 Seaport Blvd., tuscan-brands.com

Saltie Girl

Guests will be able to order a prix fixe meal for \$115 with seating available from 6:30 p.m.-8:30 p.m. Dinner will begin with mock oyster, followed by a deconstructed bluefin tuna tartare and a pan roasted black bass. Entrées include Creekstone Farms 28-day dry aged sirloin with pava potatoes, smoked spinach, foie gras bordelaise and butter poached Maine lobster with winter squash tortellini, Thumbelina carrots

and pistachio crumble. For dessert, guests can end on honey truffles and milk chocolate gelato. 281 Dartmouth St., saltie-girl.com

Shore Leave

Located in South End, this restaurant is the newest neighborhood tiki bar. This Valentine's Day, it invites guests for a night out for two called, "You're the Rum That I Want." Beverage Director Ryan Lotz and Chef Colin Lynch created a fun, shareable menu for \$65 per couple. The special menu includes: a pu-pu platter for two, your choice of a volcano bowl cocktail with of three variations of flavors and hoodsie cups with "Miami Vice" flavors. 11 William E Mullins Way, shoreleaveboston.com



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HOME

Buying a home by age 35 is worth it now — and later



NerdWallet is a personal finance website.

Nicole Christianson, a 26-year-old sales rep, was tired of writing big checks for tiny apartments. And she wanted to do more with her cash than stash it in a savings account.

One night, she and her husband, Thure, 28, took a look at their newly combined finances and uncovered a pleasant surprise: Together, they had saved enough for a 5% down payment on the affordable fixer-upper right across the street from their Milwaukee apartment.

They closed in December 2017, and Nicole says they're happy to finally be "making something that's ours."

Millennials' homeowner-ship goals

Many in Christianson's age group are chasing that feeling. Eighty-two percent of young adults say owning a home is a priority, according to NerdWallet's 2018 Home Buyer Report. If they can make it happen, most will be first-time home buyers, but that "if" looms large.

Millennials are buying houses at lower rates than when previous generations were the same age, and it's not hard to see why. Saving up for a down payment and qualifying for a mortgage can feel like pipe dreams for young adults grappling with student debt, underemployment and

high rent costs.

Still, millennials are an optimistic lot, and research shows there are big rewards in store for those who find a way to buy their first home sooner rather than later.

How buying young can pay off later

Of today's older adults, those who bought their first home from ages 25 to 34 accumulated the most housing wealth by their 60s — a median of around \$150,000, according to a report by the Urban Institute, a nonprofit research organization.

In contrast, the median housing wealth for those in their early 60s who bought later (ages 35 to 44), was about half as much, at \$76,000. Homeowners who bought after they were 45 had about \$44,000 in housing wealth by their 60s.



"Housing wealth" is another term for equity, which is the difference between the home's market value and an owner's mortgage balance. Equity becomes profit when a home is sold or refinanced, and it's more likely to grow the longer one owns the home.

The takeaway for millennials? Buy a home as early as you can feasibly do so, says Laurie Goodman, vice president of housing finance policy at the Urban Institute.

Loans and programs that

boost affordability

Certain mortgage options can reduce the upfront costs of buying a home, allowing younger borrowers to qualify with far less than the traditional 20% down payment.

"We wanted to go with a VA lender," says Marissa Avila, 33, a self-employed small-business consultant in Norfolk, Virginia. Her husband Greg, 36, is in the Navy, so they were eligible for a loan guaranteed by the Department of Veterans Affairs. The VA loan helped the Avilas buy

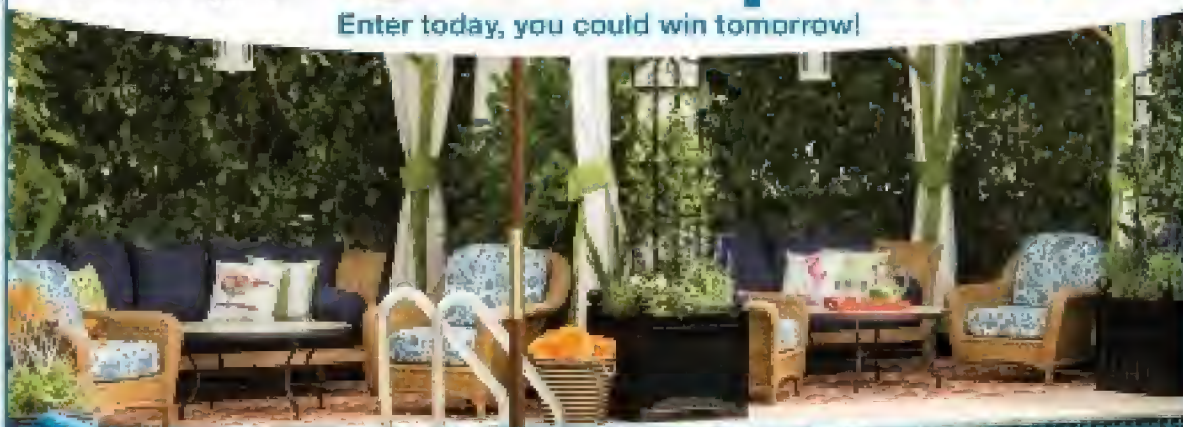
their colonial-style house with no down payment.

Low-down-payment loans aren't just for borrowers in uniform: Some conventional loans require just 3% down, the minimum for a Federal Housing Administration mortgage is 3.5% and eligible borrowers can get a Department of Agriculture, or USDA, loan with nothing down.

This article was written by NerdWallet and was originally published by The Associated Press. BETH BUCZYNSKI / NERDWALLET

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Deadline: Last day for paper application distribution is 3/11/19. Online submissions & postmark date for paper application is 3/13/19. Lottery to be scheduled at a later date.

Information Sessions:

Feb. 13th & Feb. 19th: 3-4:30pm at John Bourbor Community Room 233 Quincy St., Dorchester

Feb. 13th: 6-7:30pm at Josephine A. Fiorentino Community Center 123 Antwerp St. Extension, Brighton

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5	\$34,950	\$58,250	\$69,900
6	\$37,550	\$62,550	\$75,060
7	\$40,150	\$66,850	\$80,220
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SPORTS

Taking a look back at how the Patriots became champions.



JOE PANTORNO
joe@metro.us

While we all recuperate from the raucous celebrations around yesterday's victory parade, the days following any kind of Super Bowl win are a time for nostalgia.

It's a long journey to get to the mountaintop, and the New England Patriots had their fair share of peaks and valleys before winning their sixth Lombardi Trophy.

By no means was this season the most dominant performance by Bill Belichick, Tom Brady & Co., but the end result is just as sweet.

After all, why wouldn't we want to see Rob Gronkowski partying on Boylston Street?

So while we reminisce about the past season, and try to comprehend just what went on at yesterday's parade, here is how the Patriots reached the zenith of professional football once again and took home yet another Super Bowl title.



20 WEEK 1 9/9/18 27



20 WEEK 2 9/16/18 31



10 WEEK 3 9/23/18 26



7 WEEK 4 9/30/18 38



24 WEEK 5 10/4/18 38



40 WEEK 6 10/14/18 43



38 WEEK 7 10/21/18 31



25 WEEK 8 10/29/18 6



17 WEEK 9 11/4/18 31



FEBRUARY

8	Killington*	17	Jay Peak
9	Sunday River	18	Sunday River
10	Killington	22-24	Sunday River*
14	Bretton Woods*	23	Jay Peak
15-18	Montreal*	24	Loon
16	Sunday River	27	Sunday River*

MARCH

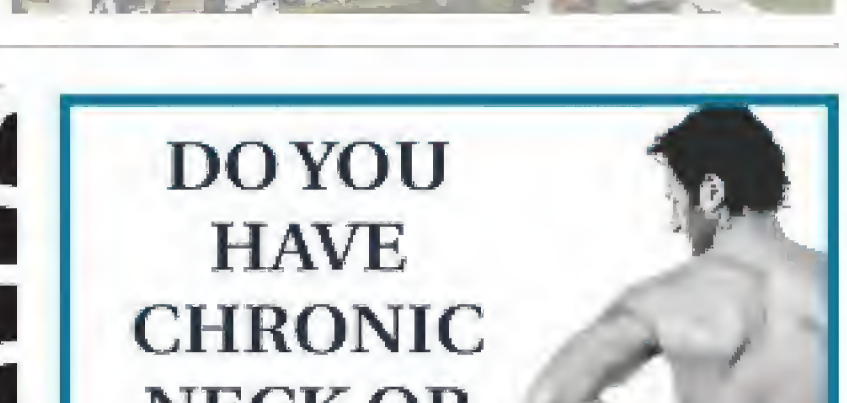
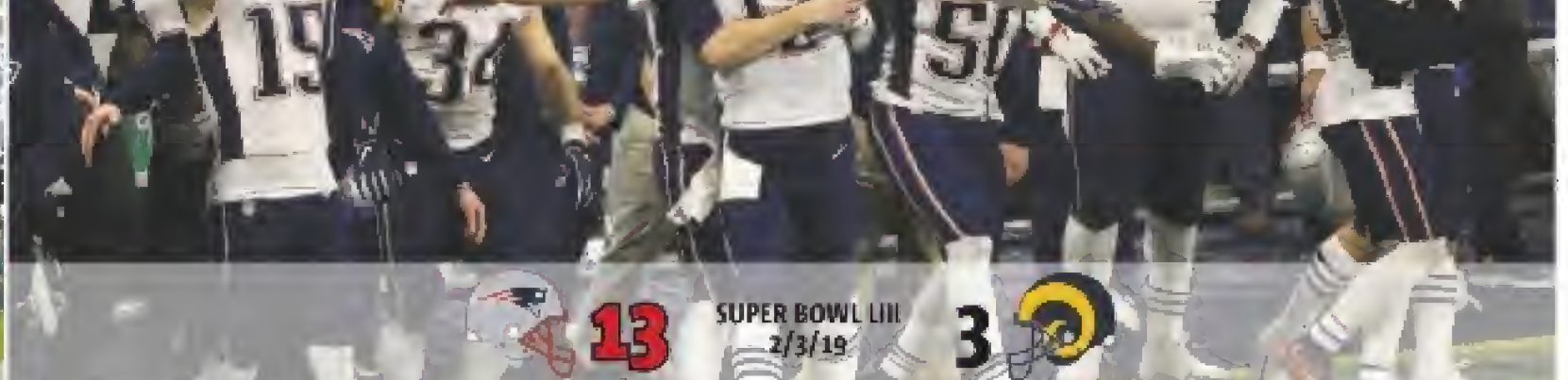
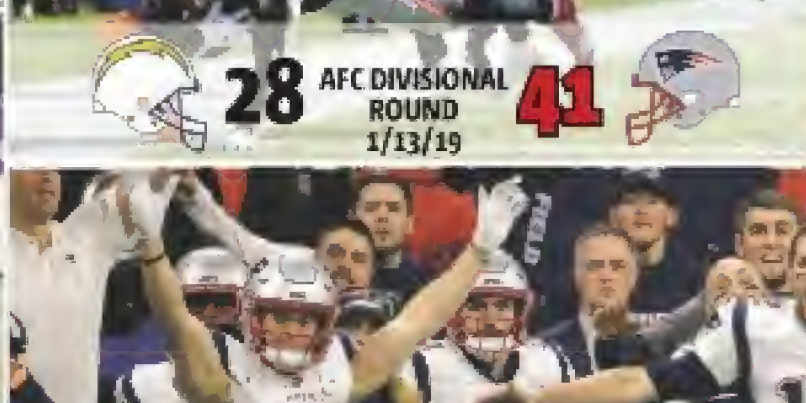
1-3	Sugarloaf*	16	Jay Peak
2	Jay Peak	17	Killington
3	Sunday River	20	Waterville Valley*
8	Cannon*	23	Sunday River
9	Killington	24	Loon
10	Sunday River	29-31	Stowe*
15	Loon*	30	Jay Peak
15-17	Sunday River*	31	Sunday River

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look back at the Pats' Super Bowl season



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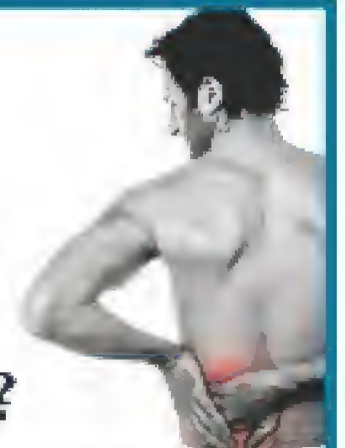
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GAMES

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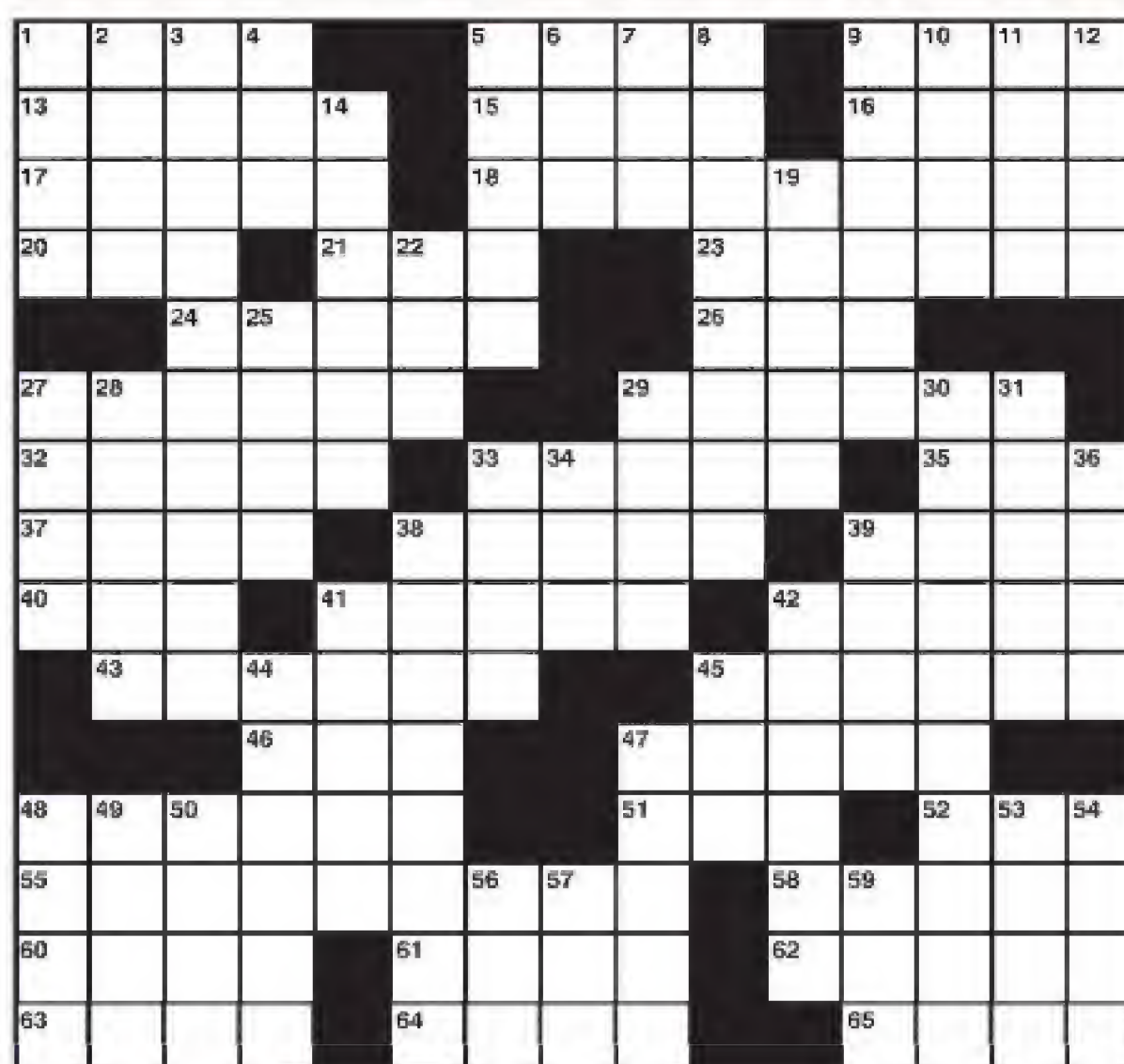
- 1 Applaud
5 American __; ND's state trees
9 Lunch spot
13 Skin-numbing injection
15 Hose problem
16 Call it __; quit and go home
17 Family tree member
18 Belittle; defame
20 Spelling contest
21 Female animal
23 Showy bird feathers
24 Underneath bunk
26 Daddies
27 Sports buildings
29 Madrid madame
32 Like permed hair
33 Pumpkin or cucumber
35 Deer's cousin
37 Waiter's item
38 Piles
39 Place to buy salami & rye
40 College football day: abbr.
41 Chairs & benches
42 Amarillo's state
43 More slender

- 45 Puts off
46 Ruby or scarlet
47 Kingdom
48 Inn
51 Ship letters
52 "Don't Think Twice, __
Alright"; Bob Dylan hit
55 Hobbies
58 Bert's buddy
60 Bambi, for one
61 Flue residue
62 Item in a bedding package
63 Catch sight of
64 Convince
65 Probability

DOWN

- 1 Black card
2 "The __ Ranger"
3 Speed up
4 Buddy
5 Father or grandfather
6 Gen. Robert E. __
7 "Nowhere __"; Beatles song
8 Boat captains
9 Tenor Enrico
10 First man
11 Destiny

- 12 Red- __; night flights
14 Wiggle room
19 Thyroid or pituitary
22 Guitarist Montgomery
25 "I __ Have Eyes for You"
27 Play divisions
28 Not urban
29 Dines
30 Analyzed again
31 Ease, as another's fears
33 Equipment
34 Cereal grain
36 Bit of Hershey's chocolate
38 __ of; disregarding
39 "The Farmer in the __"
41 Look of contempt
42 Ribs
44 Blood vessel
45 __ Moines
47 Out of practice
48 Keep out of sight
49 Billfold items
50 Two- __; ballroom dance
53 __ up; bound
54 Collections
56 Piglet's mom
57 __ T; exactly
59 Greek letter

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				9	8		7	1
						8	2	
			1		5			9
5	3			6				8
1	4	8	7		2	5	9	6
9				5			3	7
7			4		6			
	1	5						
4	8		5	1				

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Aries You'll be eager to make a change. Think big, but don't take on more than you can handle. Know your physical and financial limitations. Update your look or image.



Taurus Make plans with someone special. Taking a trip or helping a cause you believe in will encourage you to make a professional change. Apply your skills to something you enjoy doing.



Gemini Put more time and effort into professional gains and partnerships. Use your energy to make a change that will give you greater freedom to move about as you please.



Cancer Use your imagination and creative ability to get things done your way. You'll impress someone you work with or for. Hard work will lead to new opportunities and higher wages.



Leo If you want things to happen, be prepared to put in time and physical labor. Only take on what will benefit you. Don't waste time, and make adjustments as needed.



Virgo You don't have to go overboard to impress someone. A heartfelt dialogue that expresses your feelings will be all that's required when dealing with personal and professional partners.



Libra Gather as much information as possible before you disagree with someone. Changes can be made, but you have to go about it the right way. Keep the peace and stick to the facts.



Scorpio Let your actions speak for you. A personal change can be made if you do the necessary leg-work. Don't hesitate to do things your way.



Sagittarius Trust facts and rely on your experience. Someone will use manipulative tactics to talk you into something you shouldn't do. Don't overspend or compensate to please others.



Capricorn Whatever you do, be secretive until your plans are in place. A change will do you good and encourage you to delve into something that will expand your knowledge or enhance your appearance.



Aquarius Check the online job market or sign up for something that will help you expand your interests and friendships. Reconnecting with someone from your past is encouraged.



Pisces Share your emotions with an important someone and find out where you stand. Plans can be made that will bring you closer to your goals. You'll be given an opportunity if you show enthusiasm. EUGENIA LUST

Yesterday's Answers

H	O	P	E	S	C	R	E	W	S	K	I	M
E	A	R	L	A	L	I	V	E	L	A	C	E
W	H	I	M	L	O	S	A	N	G	E	L	E
S	U	N	T	A	C	K	L	E	E	D	S	
			C	L	A	R	K	P	E	P		
S	H	E	E	D	Y	F	I	A	S	C	O	
O	A	S	I	S	E	L	L	E	N	O	W	L
F	U	S	S	F	L	I	E	R	T	R	I	O
A	T	E	P	O	K	E	D	T	U	R	N	S
		E	S	S	A	Y	S	R	E	N	E	G
			H	I	T			H	I	D	E	S
D	O	Z	E	N	S	O	N	S	P	A	D	
O	V	E	R	T	H	R	O	W	S	T	O	G
D	E	A	R		E	E	R	I	E	K	N	E
O	N	L	Y	S	P	E	E	D	O	D	D	S

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